

Surviving the Transition to Adulthood A Field Guide for Families and Teens

**THINK OF
THE CHILD
FIRST.**

DELAWARE CHILDREN'S DEPARTMENT

**Division of Child Mental Health Services
1825 Faulkland Road
Wilmington, DE 19805
1-800-722-7710**

For more information or questions contact:

Division of Child Mental Health, State of Delaware
1825 Faulkland Road
Wilmington, DE 19805
302-633-2600

Division of Child Mental Health Services Vision:
Children and Families: Reaching Their Fullest Potential

Division of Child Mental Health Services Mission:
*To provide accessible, effective treatment for children through collaboration
with families and service providers*

Table of Contents

Introduction: Making a Plan.....	2
Getting into the Computer World.....	4
Legal.....	5
Learning and Life.....	7
Getting a Job.....	10
Healthcare and Support.....	14
Housing.....	18
Transportation.....	21
Making it Through Your Day: Living Skills.....	23
Social Supports.....	25
Taking Responsibility for Yourself and Your Community.....	26
Quick Reference List.....	27

Introduction

We all grow up to be adults. Each person grows up in his or her own time. Our society and our laws say that we are legally an adult at 18 years old. The teenage years are hard for both youth and their parents. Thinking about the changes that will happen when you turn 18 is many times a last minute activity. Change is very hard. The important thing to remember is that change is easier if you plan for it. This guide is written for you. It will help you think about what you will need when you turn 18. It will help you plan how you will get what you need. It will help you decide who can help you get what you need.

There are 10 parts in this guide. Each part will tell you about the important tasks of becoming an adult. Some of the things you can do yourself. For other things you will need the help of others—your parent/guardian, your doctor, school, legal aid or others. You need to think about each of these topics. Think about whether or not you need to do anything about the topic. For each topic that you need to work on, think about who can help you. Start to plan at least a year before you are 18.

Here is a checklist of the papers you will need:

- Social Security Card
- Birth Certificate
- Picture ID or Driver's License
- High School Diploma, GED or school transcripts
- Health Insurance Documentation
- School, Substance Abuse or Mental Health Assessments
- History or confirmation of employment and two pay checks

It is a good idea to make a folder with all these important papers. Keep them in a safe place so you can find them when you need them.

Use the next page to start planning for living as an adult. You may not need a plan for every part of this chart. Use the chart to think about what you need to do by the time you are 18. Read the guide and come back to add things you did not think about at first. Be ready to make more phone calls or appointments. At the end of each part of this guide is a page for you to make a plan to reach your goal. There are also some places to call to get started. Remember, **ASK A LOT OF QUESTIONS!**

Name:	Today's date:	Day I will turn 18:
GOAL	NEEDS	HELPERS
LEARNING --High School/GED --Vocational/Trade --College --Other		
GETTING A JOB --Full Time Work --Part Time Work --Vocational Services --Other		
HEALTHCARE/ SUPPORTS --Mental Health Substance Abuse or Physical Disability --Medical Insurance --Disability --TANF --Other		
HOUSING --Live at Home --Rent --Section 8 --Other		
TRANSPORTATION --Bus Schedule --Medicaid Transport --Car --Other		
LEGAL --Expungement --Pending Charges --Probation --Custody		
LIVING SKILLS --Budgeting --Relationship Skills --Daily Living Skills --Managing Medication		
RESPONSIBILITIES FOR SELF/COMMUNITY --Vote --Participate --Contribute		

Getting Into the Computer World

Today, a lot of information is available on the internet. Not everybody has a computer. This part of the guide has information about how to find a computer. It will also help you find ways to use the computer.

Computers can be very helpful. The internet is a great place to look for information on different topics. If you don't know the internet address for something, you can type www.google.com, in the address box. Type the topic you want and you will get a big list of resources. You can search jobs, find addresses and phone numbers, or play games. Computers are also good for typing letters, or keeping track of a budget. It is also helpful to know about computers for many jobs. Learning computer skills can help your future.

Computers can be found in a lot of places. There are usually computers in libraries, schools, and community centers. Many times, you will know a friend or family member that has a computer. If you do not know how to use a computer, it is best to find someone to help you. Libraries are good places to begin. The librarians there will be able to help you get started. You could also ask a teacher at a school for help. Counselors in community centers will also be able to help you. Decide what you want to do, and don't be afraid to ask for help!

Resources: A place to start

Libraries

There are libraries throughout the state. To find your local library, use the phone book. Some libraries are bigger than others, and may have different resources available. Libraries are public places, but you may need to register for a library card to use the services. Simply ask the librarian when you walk in.

Some public libraries (use the phone book for a library closer to you):

Phone: (302) 571-7400-Wilmington Library
(302) 736-7030-Dover Library
(302) 856-7958-Georgetown Library

Community Centers

There are community centers in all three counties of Delaware. The most common center is the Boys & Girls Club. Community Centers usually offer fine arts, homework help, tutoring, computers, crafts, library activities, game room activities, special interest groups, varsity and intramural athletic leagues, and informal and low organized games. There are also programs that work with at-risk youth, families and the community on prevention of alcohol, tobacco and drug abuse. Call a site in your county to find the closest community center to you.

Phone: (302) 658-4514-Wilmington
(302) 677-6376-Dover
(302) 628-3789-Sussex County

Legal

When you turn 18 you will be treated like an adult in the legal system. For criminal behavior, you will go to Magistrate, Common Pleas or Superior Court and not Family Court. It will be very important to have a lawyer with you when you go to court. Consequences for adult criminal behavior are more severe than for juvenile delinquent behavior.

If you are male, you have to register with the Selective Service. You will get a notice in the mail. Registration for the Selective Service is done at the Post Office. This is a federal law and you can get in trouble if you don't register.

At 18, you are an adult. Information about your health, treatment, legal situation, education and other personal information cannot be shared with parents without your consent. Sometimes a person is very disabled and needs help with decisions and managing money. If the court, agrees, a parent or other responsible adult can be the guardian of an adult. The resources listed below will help you. Most times a disabled person already has a worker. The worker will help to guide planning with the youth and parents.

At 18, you can apply to have charges and adjudications taken off your criminal record. The paperwork to do this is located at Family Court. The resources listed at the end of this section will be able to help. It is important to do this. When you apply for a job, they can do a criminal background check. Juvenile records will come up in this check.

Sometimes people have problems with their landlord or with their finances. The Legal Aid Society can help with many of these problems too. If they can't they can refer you to someone who can.

Checklist:

- Get paperwork to expunge juvenile criminal record.
- Register for the Selective Service (male)
- Discuss legal guardianship with a lawyer (if needed)

Selective Service

Website: www.sss.gov/CONTACT.HTM

Federal Relay Service (for news releases, information) 1-800-877-8339, 8:00 AM-4:30 PM

Registration information: Selective Service System, Data Management Center, P.O. Box 94638, Palatine, IL 60094-4638

Delaware Volunteer Legal Services

New Castle County-575-0408

Kent and Sussex Counties-1800-773-0606

Legal Services Corp. of Delaware

New Castle County-478-8850

Kent County-734-8820

Community Legal Society, Inc.

New Castle County-575-0660

Kent County-674-8500

Sussex County-856-0038

MY NOTES
Legal
OTHER RESOURCES

AGENCY/RESOURCE	PHONE NUMBER	CONTACT PERSON

TO DO LIST

DATE

TASKS	BY DATE?	NEED	BY WHOM?

IMPORTANT PHONE NUMBERS:

Name: _____ **Phone number:** _____

NOTES _____

Learning for Life

School is very important. You learn lots of important things there. These things will help you be successful in life. It will help you get a job. It will help you get into the military. It will help you manage your money and make decisions. There are laws that tell the school what they have to do. If you are in special education, the school has to let you attend up to age 21. If you are in regular education, there are school programs to help you get your diploma. Finishing school is the best way to get a job that pays well.

Some youth who have their high school diploma want to go to college. Some youth who have their high school diploma want to go to vocational school. Some youth want to find a job in their community. Youth who want to go to these programs can get money and other services to help them. This part of the guide will help you find what you need to get the education or the job you want.

Look at your goal planner to see what you need to meet your school or job goal. What are you interested in doing for a job? Work is something that you will do for a long time. Think about what you like doing. Talk to people you know about their jobs. Call one of the resources listed in this part of the guide and talk to them. Find out about the jobs before you finish school, then you will be able to plan to get courses, training or experience that will help you meet your goal. If you think you want to go to college, it is best to start choosing and applying in eleventh grade. If you think you want to learn a trade then it is good to look for summer jobs or courses in high school that will let you try the work.

You will need to be able to read and write well to do many things in your life. You will be more successful if you can communicate well with others. In school you will learn to follow directions and complete work on time. It is a good idea to have your parent or other adult ready to help you if you need help.

Some things to know about your learning:

- What are the subjects that you are good at?
- Do you have an IEP (Individual Educational Plan) which all special education students have?
- Do you know who your guidance counselor is? The guidance counselor can help you make decisions about education and jobs. He or she can help you make sure you can graduate.
- Do you know what tests you need to take for vocational school, job applications or college?
- Will you need help paying for college or training programs?

Resources: A place to start

Delaware Technical & Community College

Delaware Technical & Community College offers both GED classes as well as Job Training classes for youth interested in pursuing further education. Classes are offered in all three counties, in both the daytime and at night.

Wilmington Campus: (302) 434-5560—**GED**; (302) 571-5315- Job Skills
Dover Campus: (302) 857-1283 Georgetown Campus: (302) 856-5400

Job Corps

Job Corps is an intensive program of education, vocational training, work experience and counseling in out-of-state residential centers for unemployed youth. Job referral, job placement, counseling and follow-up services are available. Also, GED instruction and testing is provided. Bi-weekly living allowance, monetary incentive program, room and board are also provided. This program enrolls youth age 16-24.

Website: www.jobcorps.org Phone: 1-800-733-JOBS (5627)

Higher Education Commission

The office promotes higher education, provides information about higher education to Delawareans, and administers student financial aid programs. A student workstation with computer-based college and financial aid search, a resource library, and a Free Application to Federal Student Aid (FASFA) application are available.

Phone: (302) 577-5240

Parent Information Center of Delaware

This agency has staff and services in all counties to help families who have questions and concerns about their child's special needs and about their child's education and related services. Family-School Partners can help families to understand laws to the right services. The Center offers: a statewide conference; workshops and training programs; parent networking to encourage participation in support groups and helping cope with a disability in the family; speakers for parent/school/community groups; an extensive resource file and publishes a quarterly newsletter, *The Link*.

Website: <http://www.picofdel.org/>

Phone: (302) 999-7394-New Castle and Kent Counties
(302) 856-9880-Sussex County

MY NOTES
Learning for Life
OTHER RESOURCES

AGENCY/RESOURCE	PHONE NUMBER	CONTACT PERSON

TO DO LIST

DATE

TASKS	BY DATE?	NEED	BY WHOM?

IMPORTANT PHONE NUMBERS:

Name: _____ **Phone number:** _____

NOTES _____

Getting a Job

Do you want to make enough money to live on your own? Finding a job that pays enough is hard. This part of the guide will help you think about jobs, what kind of help you will need and where to find help. If you want to find a good job, you will need to think about skills that you have or skills that you need to get. The best thing that you can do to get a better job is to get your high school diploma.

Once you decide on the kinds of jobs you would like, it is good to talk to someone or research what you need to get those jobs. Some jobs may do a background check. **Do you have any juvenile adjudications that could be a problem?** (See **Legal section of the guide**). Many jobs do random drug screens. **Do you need help with a substance use problem?** (See **Treatment section of the guide**). Most jobs ask for references. **Do you know family friends or former bosses that will write a letter about your strengths?** Sometimes you may need special tools or supports to do your job. There are laws that protect you if you have a disability. (see **Legal section and Advocacy section of the guide**)

Most jobs ask you to fill out an application. Make sure that you have all the information you will need. Most applications will want your social security number, driver's license, a mailing address and a contact phone number. It is a good idea to have your parent or some other adult ready to help you if you need help. Think about what will happen after you do get a job. Do you have the right clothes? Transportation will be necessary. Make plans for day care if you have children. Be sure to think ahead!

What do I do in a Job Interview?

Before: Make a job search kit. Collect a folder of things you may need.

- Birth Certificate
- Social Security Card
- Work Permit (if applicable)
- Driver's License
- Diploma, GED or other training certificates
- List of jobs that you have had in the past
- A copy of your resume (outline of your school and work experience); Kinko's or other copy stores can help you
- A copy of your application (is it neat and complete?)
- A copy of your references (letters from people that tell about your strengths)
- Letter of Introduction
- Letters of Recommendations (letters from past teachers or bosses that support you getting the job)
- Samples of your work (depends on the job)
- A black pen to complete any forms or tests, and paper to take notes

During the Interview:

- Be well rested
- Go alone
- Arrive at least five minutes early
- Act naturally (do not smoke or chew gum)
- Shake hands firmly

- Know the name of the person interviewing you
- Answer clearly and honestly
- Maintain eye contact with the interviewer
- Give a good reason for hiring you
- Don't discuss your personal, domestic, or financial problems or criticize former employers
- Be positive and show your interest
- Thank your interviewer before leaving

Questions to Ask:

- What are you looking for in the person you hire for the position?
- What are the possibilities of getting ahead in this organization?
- What are the job duties and responsibilities?
- Is there anything else you need to know about me to make the decision about me in this job?
- When will you decide about the job?

How Do I Keep My New Job?

- Do good work
- Be dependable-be on time and finish work on time
- Keep a good attitude
- Be helpful
- Be a team player
- Dress for success
- Don't waste time or resources
- Keep your emotions under control
- Be a diplomat
- Treat everyone with respect

Resources: A place to start

Division of State Service Centers

The DSSC is a network of 14 centers across the state. These centers offer a wide range of public and non-profit services to help with many health and human service needs. They offer assistance with emergency services, such as finding housing or paying utilities; individual and family services, which include help for children and elderly citizens; community services, which assists in the revitalization of communities.

Website: www.dhss.delaware.gov/dhss/dssc Phone: State Service Centers are listed in the phone book.

Department of Labor-Virtual Career Network

The VCN is an online resource where job seekers can register for employment services, evaluate their skills, find out about training programs, build a resume, submit resumes to employers, and sort through a database of more than 8,000 jobs.

Website: www.delawareworks.com/divisionsDOL.shtml

Division of Vocational Rehabilitation

The mission of DVR is to provide opportunities and resources to eligible individuals with disabilities, leading to success in employment and independent living. There are 7 offices statewide, including a Disability Determination Service Office. A person can be referred to DVR for services through many sources, such as school counselors, community rehabilitation programs, physicians, psychologists or psychologists. An individual may also refer himself or herself for services by calling any DVR office and providing some basic information. An appointment will be scheduled to meet with a DVR counselor to discuss the DVR program eligibility and services.

Website: www.delawareworks.com/dvr/welcom.shtml

Jobs for Delaware Graduates

Jobs for Delaware Graduates is a private, nonprofit agency that prepares at-risk high school seniors for the transition from school to work. Their mission is to enable students to achieve academic, career, personal and social success. JDG is currently in 24 high schools through the state. Programs are available starting in the ninth grade.

New Castle County: (302) 369-2550

Kent/Sussex: (302) 424-8345

Division of Employment and Training: One-Stop Centers

The One-Stop Centers are centers that offer training, career counseling, job matching, and job coaching. Job papers are also available. They are available through the Department of Labor. Call for more information.

New Castle County: (302)761-8085

Dover: (302) 739-5473

Georgetown: (302) 856-5230

Division of Family Services-Office of Child Care Licensing

The OCCL is the office dedicated to finding adequate child care for children in Delaware. They have lists of registered child care programs throughout the state. They also offer brochures on choosing the right child care facility and information on subsidized child care.

Website: <http://www.kids.delaware.gov/occl/occl.shtml>

New Castle County: (302) 255-9670

Kent County: (302) 739-4437

Sussex County: (302) 856-5569

MY NOTES
Getting a Job
OTHER RESOURCES

AGENCY/RESOURCE	PHONE NUMBER	CONTACT PERSON

TO DO LIST

DATE

TASKS	BY DATE?	NEED	BY WHOM?

IMPORTANT PHONE NUMBERS:

Name: _____ **Phone number:** _____

NOTES _____

Healthcare and Support

This is an important part of your plan for your adult life. All people need health insurance. If you get sick and do not have health insurance you have to pay. All treatment costs a lot. Some youth have Medicaid insurance. Some youth have disability insurance. Some youth have private health insurance through their parents. Usually your parent's private insurance will cover you up to age 25 as long as you are in school. It is very important to check with your insurance to find out how long it works when you turn 18. Medicaid and Disability insurance end when you turn 18. You will need to apply for these benefits again when you turn 18. You will need all of the papers on the list at the beginning of the guide when you apply. Start to check on health insurance at least 6 months before you turn 18. That will give you time to get all the papers to fill out forms. Information about healthcare insurance and other social services programs can be found at the State Service Centers.

Some people have a mental disorder, substance abuse disorder or physical disability that they take medicine for. When you turn 18, you will use adult services for these needs. Services for adults are not always the same as children's services. You will have to have a plan so that services do not stop when you turn 18. For some disabilities there are adult programs. Talk with the counselor or doctor you are seeing now to help you plan for adult services. Sometimes a disability makes it hard for a person to make decisions. Sometimes a parent or guardian will need to continue to make decisions for a person who is an adult (guardianship of person, finances or both). (**See Legal section of the guide**) Think about people or organizations in your community that can help you with each of your healthcare goals.

Your children will need healthcare. If you have a job your children's Medicaid plan may change. If you have children, there are many programs to support you in raising healthy children. A good place to start is to call the public health clinic nearest to you, or check with a social service worker in the state service center nearest to you. (Some listed below). Even if you are 18, the Division of Family Services can help you with services for your children. Both parents need to support the children. There are services to help you get child support.

Checklist for planning:

- Get information on health insurance
- Get forms and paperwork to apply for insurance
- Plan for treatment—medication, doctors, counselors, programs
- Plan for crisis or emergency situations
- Get information and plan for adult guardianship if needed
- Get information and plan for services you need to live independently
 - Mental Health
 - Substance Abuse
 - Developmental Disabilities
 - Chronic Illness—Diabetes, Asthma, and other chronic diseases
 - Family Planning or parenting help
 - Financial Services/Supports
 - Safety Plan—community, relationships and personal

My Healthcare Providers

Insurance provider: _____
My doctor: _____
My pharmacy: _____
For emergency contact: _____
Special Needs: Counselor/Psychiatrist: _____
Substance Abuse Recovery Supports: _____
Supported Employment: _____
Developmental Disabilities Worker: _____
Social Services Worker: _____

Resources: A place to start

Delaware Helpline

This is a toll free phone line and a site on the internet (www.delawarehelpline.org). This resource can help you find almost any services that you need. You can go on the internet to look for services anytime. You can call **1-800-464-4357** between 7:30 AM and 6:00 PM from Monday to Friday.

Delaware State Service Centers

The state service centers are a place where many social services are located. The numbers and addresses for the state service centers are in the phone book. There is a network of 14 centers across the state. These centers offer a wide range of public and non-profit services to help with many health and human service needs. They offer assistance with emergency services, such as finding housing or paying utilities; individual and family services, which include help for children and elderly citizens; and community services, which assists in the revitalization of communities.

Website: www.dhss.delaware.gov/dhss.dssc. Below are the numbers for some of the centers:

New Castle County: (302) 255-9675
Dover: (302) 739-5301
Milford: (302) 422-1300
Georgetown: (302) 856-5574
Seaford: (302) 628-2000

Division of Substance Abuse and Mental Health

This state service provides treatment for adults with mental health and substance abuse problems. Youth with a counselor or worker should talk to that person about adult services. To apply for adult services you will need your counselor, psychiatrist or worker to help fill out the forms. You can also call the mental health clinic near you or go to a substance abuse provider.

Website: <http://www.dhss.delaware.gov/dhss/dsamh>

Crisis or Emergency: 1-800-652-2929

Mental Health Association in Delaware

MHA's toll-free telephone **information and referral service** helps individuals and families who have questions about mental health issues or services. More than 1,200 individuals each year call MHA. Below is their website and contact information.

New Castle County: (302) 654-6833
Kent and Sussex Counties 1-800-287-6423
<http://www.mhainde.org>

National Alliance on Mental Illness - Delaware

NAMI-DE is a statewide organization of families, mental health consumers, friends, and professionals dedicated to improving the quality of life for those affected by life-changing brain diseases such as schizophrenia, bipolar disorder, and major depression. Below is their contact information and website.

New Castle County: (302) 427-0787
Kent County: (302) 744-9356
Sussex County: (302) 226-3334
<http://www.namide.org>

Division for the Visually Impaired

The Division for the Visually Impaired is organized into three primary programs, which include Education, Vocational Rehabilitation, and Independent Living. Additionally there are two direct employment units: Delaware Industries for the Blind and the Business Enterprise Program. Finally there are support services including: Materials Center, Volunteer Services, Orientation and Mobility, Low Vision Services, Training Center Services, Fiscal Operations, and Information Systems Support.

New Castle County

Herman M. Holloway, Sr. Campus
Biggs Building
1901 North DuPont Highway
New Castle, DE 19720
Voice: (302) 255-9800
Fax: (302) 255-4441
Fax: **(eye reports only)**: (302) 255-9921
TDD: (302) 255-9854

Kent & Sussex Counties

Milford State Service Center Annex
13 SW Front Street
Milford, DE 19963
Voice: (302) 424-7240
Fax: (302) 422-1419

MY NOTES
Healthcare and Supports
OTHER RESOURCES

AGENCY/RESOURCE	PHONE NUMBER	CONTACT PERSON

TO DO LIST

DATE

TASKS	BY DATE?	NEED	BY WHOM?

IMPORTANT PHONE NUMBERS:

Name: _____ **Phone number:** _____

NOTES _____

Housing

It is important to think about where you want to live when you turn 18. Most people choose to continue to live with their parents or relatives. Other people decide to move out on their own. There are lots of things to consider when choosing where to live.

Living on your own can be expensive and hard work. First you need to decide where you want to live. Do you want to live in an apartment? Do you want to live in a house? You need to think about how much it will cost. Do you have a job to pay the rent on your new apartment or house? How much will utilities like heat cost? Will you be lonely if you live alone? Are there programs or other training places that will help with a place to live? Ask friends and family what it is like to live on your own. Find out how they got their own place. It is important to talk to family and other adults you trust about finding places to live. Also think about work. Is your job close to the place you want to live? How will you get from home to work each day?

Living with your family as an adult should be different than it was as a child or youth. Now that you are grown, it is important to show others you are an adult. Talk to your family about paying rent at home and helping with the grocery bill. Make sure you sit down with them to talk about the rules at home. As an adult, you may expect more freedom. You must be respectful of the rules of the house. Talk to your family about coming home late, taking care of the house, and paying the bills on time. If you show them you are responsible, you will feel better about yourself. You will also be more ready to live on your own when you move out.

If you are not sure where you are going to live, but need to find a place to stay immediately, you need to call a local shelter. Shelters have beds for people to stay in for short periods of time. There are shelters all over Delaware. They will be able to help you find a more permanent place to live.

Resources: A place to start

Shelters

Catholic Charities 2601 West 4 th Street, Wilmington, DE 19805	Phone: (302) 655-9624
Governor Terry Home, Child Inc. 507 Philadelphia Pike, Wilmington, DE 19809	Phone: (302) 762-6327
YWCA of New Castle County 233 King Street, Wilmington, DE 19801	Phone: (302) 658-7161
Salvation Army 400 North Orange Street, Wilmington, DE 19801	Phone: (302) 472-0760
The Shepherd Place, Inc. 1362 S. Governor's Blvd., Dover, DE 19904	Phone: (302) 678-1909
Whatcoat Social Services 381 State College Road, Dover, DE 19904	Phone: (302) 734-0319

Casa San Francisco
127 Broad Street, Milton, DE 19968

Phone: (302) 684-8694

Sussex Community Crisis Housing Service
110 N. Railroad Avenue, Georgetown, DE 19947

Phone: (302) 856-7524

Delaware State Housing Authority

The DSHA helps low-and moderate-income Delawareans find homes and affordable rental apartments, as well as low-interest loans to buy a home. They also offer assistance in repairing a home and working with developers to build affordable housing. The DSHA also has information on public housing including Section-8 housing.

(302) 739-4263 Dover
(302) 577-5001 Wilmington

Division of Substance Abuse and Mental Health

The Delaware Division of Substance Abuse and Mental Health (DSAMH) is located in the Department of Health and Social Services (DHSS). DSAMH serves the adult (age 18 and older) population in need of publicly funded behavioral health services. DSAMH is organized into three operating units. These are the Delaware Psychiatric Center (DPC), two Community Mental Health Centers with six sites, and a variety of community-based Substance Abuse Treatment Programs. Below is their contact information and website.

Office: 302-255-9399
Crisis: 1-800-652-2929
<http://www.dhss.delaware.gov/dhss/dsamh>

DELARF

DelARF is a statewide membership association of private community organizations and individuals that provide services to people with disabilities. Membership is open to private organizations and individuals that provide direct rehabilitation services to people with disabilities, organizations that provide advocacy and educational services, and people with disabilities, family members, and advocates in Delaware. Below is their website.

<http://www.delarf.org/index.html>

United Way of Delaware

United Way of Delaware partners with social service agencies, businesses, government, other nonprofit, and other concerned individuals to achieve results that matter and a lasting impact on the quality of life in our community. Below is their contact information and website.

Phone: 1-866-892-9335 Delaware only
<http://www.uwde.org>

MY NOTES
Housing
OTHER RESOURCES

AGENCY/RESOURCE	PHONE NUMBER	CONTACT PERSON

TO DO LIST

DATE

TASKS	BY DATE?	NEED	BY WHOM?

IMPORTANT PHONE NUMBERS:

Name: _____ **Phone number:** _____

NOTES _____

Transportation

Think about how you get around now. Do you have a car? Do you take the bus? Do you walk to wherever you need to go? It can be hard to find reliable transportation sometimes. But it is important that you figure out how to get around so you don't miss important events like doctor's appointments, training or work. If you have a job, it is important that you have a way to get to work every day. Being late or skipping work because of lack of transportation is not acceptable—especially if it is a new job.

Develop a transportation plan. Consider taking the bus. Pick up some bus schedules. Then map out your route. Do a test run on a day when you have plenty of time. This will help you figure out how long the bus usually takes and make sure you have the right route. Are you thinking about getting a car? Consider how big a car you need. Find out how much it will cost. Get information on driver's insurance - it is illegal to drive without it. If you can't afford a car, look into finding a carpool. People that live near you or work with you may help you out. You will need to pay for some of the gas. You will also need to be on time, so you don't make other people late. No matter what you decide to do, make sure it is a reliable method.

Resources: A place to start

DART First State

DART is the State of Delaware's public transportation system. Both buses and trains run on the DART system. Tickets can be purchased as you board the bus, or monthly passes are sold at retailers throughout the state, such as Acme markets and state service centers. A one-way ride costs \$1.00 in Kent and Sussex Counties, and \$1.15 in New Castle County. Schedules are located at many places, including shopping malls, banks, grocery stores, and state offices.

Website: www.dartfirststate.com
(302) 652-DART New Castle County
1-800-553-DART Kent & Sussex Counties

Logisticare Solutions

Logisticare is a transportation agency that transports clients to and from medical appointments. To schedule an appointment, simply call the hotline at least 48 hours in advance and leave a message. The cost is \$1.00 each way, and Medicaid is an acceptable form of payment.

Phone: 1-866-412-3778

Cars for Careers

Cars for Careers is a program run through the First State Community Action Agency. Families in Sussex County that receive payments through Temporary Aid to Needy Families (TANF) are eligible for the information for the program. Cars are provided to those families who have no other transportation to work. For more information, call the FSCAA.

Phone: (302) 856-7761

MY NOTES
Transportation
OTHER RESOURCES

AGENCY/RESOURCE	PHONE NUMBER	CONTACT PERSON

TO DO LIST

DATE

TASKS	BY DATE?	NEED	BY WHOM?

IMPORTANT PHONE NUMBERS:

Name: _____ **Phone number:** _____

NOTES

Making it through Your Day-Living Skills

Most youth do not think about all the things that they need to know to live alone. When you live on your own you will have to cook, do your laundry, pay bills, shop, take care of your things, and handle problems in your home or apartment. You have to make and keep doctors or other appointments. Some people also have to remember to take medications. Some programs teach these skills. Your school may teach some of these skills. Most people learn them from their family or other caretakers. Before you live on your own you should learn these basic skills. It will cost a lot to pay someone to do this stuff. Eating at a restaurant all the time can become too expensive. Knowing how to buy and store healthy food is important. Keeping your home clean is also important to staying healthy. Before you live on your own, find people who can show you how to do these things.

Things I can do	Things I need to learn	People/Places that can teach me

MY NOTES
Daily Skills
OTHER RESOURCES

AGENCY/RESOURCE	PHONE NUMBER	CONTACT PERSON

TO DO LIST

DATE

TASKS	BY DATE?	NEED	BY WHOM?

IMPORTANT PHONE NUMBERS:

Name: _____ **Phone number:** _____

NOTES _____

Finding Social Support

Healthy adults find time to have fun and follow their interests. When you do this you can find help from other people or new friends. Social supports are not always official organizations or agencies. There are a lot of healthy ways to meet people that are like you.

Spend some time thinking about what you like to do and what your interests are. These could be things like sports, art, music, theater, volunteering, self help groups, or the outdoors. There are many places where you can participate without being a star. Decide how much time you have to participate in fun, interesting, or support activities. You may even find activities at your work place.

Here are some places to start looking for social supports.

Resources: A place to start

Recreation

Parks & Recreation www.destateparks.com

Christiana Cultural Art Center
705 N. Market Street, Wilmington, DE 19801
(302) 652-0101
Hours of operation: 9am-9:30pm M-R; 9am-5pm Friday; 9am-3:30pm Saturday

Dover Art League
21 W. Lockerman Street
Dover, DE 19904
(302) 674-0402

Social Supports

Latin American Community Center
403 Van Buren Street
Wilmington, DE 19802
Website: www.thelatincenter.org
(302) 655-7338

La Esperanza Community Center
216 N. Race Street
Georgetown, DE 19947
(302) 854-9262

Alcohol Anonymous/Narcotics Anonymous
Find a meeting 877-254-3348

Gay & Lesbian Resources

Camp Rehoboth www.camprehoboth.com/mainpages/resources.htm

Youth Life (Spiritual/Christian)
12 Maple Avenue
Newark, DE 19711
(302) 368-1904

Taking Responsibility for Myself and My Community Voting and Volunteering

Adults have many responsibilities. As an adult you are responsible to support and take care of yourself and family that depend on you. There are many organizations that advocate for people and some are listed below.

Being an adult in our country means that you take part in a democracy. When you are 18 you can vote. You will need to register when you get (or renew) your driver's license at age 18. You can also register at the Department of Elections.

Another adult responsibility is to your community. At the end of the guide are some resources for volunteering to help others. Churches and other comminute organizations help people in need, work to change laws or situations in their communities and work with local government to make decisions about how the community will grow.

Resources: A place to start

Department of Elections

New Castle County
Carvel Office Building, 4th floor
Wilmington, DE 19801
Phone: (302) 577-3464
Fax: (302) 577-6545

Sussex County
119 Race Street
P.O. Box 457
Georgetown, DE 19947
Phone: (302) 856-5367
Fax: (302) 856-5082

Kent County
100 Enterprise Place
Suite 5
Dover, DE 19904
Phone: (302) 739-4498
Fax: (302) 739-4515

Office of Volunteerism

Phone: 1-800-815-5465
Fax: 302-255-4462

NAMI-DE

New Castle County
2400 West 4th Street
Wilmington, DE 19805
Toll Free: 1-888-427-2643
Fax: 302-427-2075

Sussex County
706 Rehoboth Avenue
Rehoboth, DE 19971
Fax: 302-226-4922

Kent County
884 Walker Road
Suite B
Dover, DE 19904
Fax: 302-744-9357

Mental Health Association in Delaware

New Castle County: (302) 654-6833
Kent/Sussex Counties: 1-800-287-6423

Quick Reference Sheet

Community Centers

Wilmington: (302) 658-4514
Dover: (302) 677-6376
Sussex County: (302) 628-3789

Community Legal Aid Society, Inc.

New Castle County: 575-0660
Kent County: 674-8500
Sussex County: 856-0038

Department of Labor-Virtual Career Network

Website: www.delawareworks.com/divisionsDOL.shtml
Wilmington: (302) 761-8085 Newark: (302) 453-4350
Dover: (302) 739-5473 Georgetown: (302) 856-5230

Division of Vocational Rehabilitation

Website: www.delawareworks.com/dvr/welcom.shtml
Wilmington: (302) 761-8300 New Castle: (302) 326-8930
Newark: (302) 368-6980 Middletown: (302) 378-5779
Dover: (302) 739-5478 Georgetown: (302) 856-5730

Division of Employment and Training: One Stop Centers

New Castle County: (302) 761-8085
Dover: (302) 739-5473
Georgetown: (302) 856-5230

Division of Family Services-Office of Child Care Licensing

Website: <http://www.kids.delaware.gov/occl/occl.shtml>
New Castle County: (302) 255-9670
Sussex County: (302) 856-5569
Kent County: (302) 739-4437

Delaware Helpline

Website: www.delawarehelpline.org
You can call 1-800-464-4357 between 7:30 AM and 6:00 PM from Monday to Friday.

Delaware State Service Centers

Website: www.dhss.delaware.gov/dhss/dssc
New Castle County: (302) 255-9675
Dover: (302) 739-5301
Milford: (302) 422-1300
Georgetown: (302) 856-5574
Seaford: (302) 628-2000

Division of Substance Abuse and Mental Health

Website: <http://www.dhss.delaware.gov/dhss/dsamh>

This state service provides treatment for people with mental health and substance abuse problems. Youth with a counselor or worker should talk to that person about adult services. To apply for adult services you will need your counselor, psychiatrist or worker to help fill out the forms. You can also call mental health clinic near you or go to a substance abuse provider.

Crisis or Emergency: 1-800-652-2929

Division of Developmental Disabilities

New Castle County: (302) 369-2180

Kent County: (302) 739-5524

Sussex County: (302) 934-8031

Delaware State Housing Authority

Dover: (302) 739-4263

Wilmington: (302) 577-5001

Delaware Department of Education

Attn: **Dennis Rozumalski**, Education Associate
Education for Homeless Children and Youth Program
401 Federal Street, Suite 2
Dover, DE 19901

<http://www.doe.k12.de.us/>

Phone: (302) 735-4260

Department of Elections

New Castle County
Carvel Office Building, 4th floor
Wilmington, DE 19801
Phone: (302) 577-3464
Fax: (302) 577-6545

Sussex County
119 Race Street
P.O. Box 457
Georgetown, DE 19947
Phone: (302) 856-5367
Fax: (302) 856-5082

Kent County
100 Enterprise Place
Suite 5
Dover, DE 19904
Phone: (302) 739-4498
Fax: (302) 739-4515

Delaware Volunteer Legal Services

New Castle County: 575-0408

Kent and Sussex Counties: 1-800-773-0606

Delaware Technical & Community College

Wilmington Campus: (302) 434-5560—**GED**: (302) 571-5315- Job Skills

Dover Campus: (302) 857-1283

Georgetown Campus: (302) 856-5400

Higher Education Commission

Phone: (302) 577-5240

Job Corps

Website: www.jobcorps.org Phone: 1-800-733-JOBS (5627)

Jobs for Delaware Graduates

New Castle County: (302) 369-2550
Kent/Sussex Counties: (302) 424-8345

Legal Services Corp. of Delaware

New Castle County: (302) 575-0408
Kent County: (302) 734-8820

Libraries

Wilmington Library: (302) 571-7400
Dover Library: (302) 736-7030
Georgetown Library: (302) 856-7958

Mental Health Association in Delaware

New Castle County: (302) 654-6833
Kent/Sussex Counties: 1-800-287-6423

NAMI-DE

New Castle County
2400 West 4th Street
Wilmington, DE 19805
Toll Free: 1-888-427-2643
Fax: 302-427-2075

Sussex County
706 Rehoboth Avenue
Rehoboth, DE 19971
Fax: 302-226-4922

Kent County
884 Walker Road
Suite B
Dover, DE 19904
Fax: 302-744-9357

Office of Volunteerism

Phone: 1-800-815-5465
Fax: (302) 255-4462

Parent Information Center of Delaware

New Castle and Kent Counties: (302) 999-7394
Sussex County: (302) 856-9880

Selective Service

Website: www.sss.gov/CONTACT.HTM
Federal Relay Service (for news releases, information): 1-800-877-8339, 8:00 AM-4:30 PM
Registration Information: Selective Service System, Data Management Center, P.O. Box 94638, Palatine, IL 60094-4638

Shelters

Catholic Charities
2601 West 4th Street, Wilmington, DE 19805

Phone: (302) 655-9624

Governor Terry Home, Child Inc.
507 Philadelphia Pike, Wilmington, DE 19809

Phone: (302) 762-6327

YWCA of New Castle County

233 King Street, Wilmington, DE 19801

Phone: (302) 658-7161

Salvation Army
400 North Orange Street, Wilmington, DE 19801

Phone: (302) 472-0760

The Shepherd Place, Inc.
1362 S. Governor's Blvd., Dover, DE 19904

Phone: (302) 678-1909

Whatcoat Social Services
381 State College Road, Dover, DE 19904

Phone: (302) 734-0319

Casa San Francisco
127 Broad Street, Milton, DE 19968

Phone: (302) 684-8694

Sussex Community Crisis Housing Service
110 N. Railroad Avenue, Georgetown, DE 19947

Phone: (302) 856-7524

Acknowledgements

We would like to acknowledge the contributions and support of the following people:

**Child Mental Health Community Advisory and Advocacy Council
Transition Committee**

**Carolanne O' Brien, Committee Chair, Division of Vocational Rehabilitation
Howard Isenberg, Open Door, Inc.**

Bruce Kelsey, Delaware Guidance Services

Steve Dettwyler, Division of Substance Abuse and Mental Health

Valerie Zeller, Division of Substance Abuse and Mental Health

Kathy Goldsmith, Department of Education

Joanne Miro, Department of Education

Martha Gregor, Division of Child Mental Health

Youth from Silver Lake Treatment Consortium

Family Members

Student Interns

**Cassie DiSabatino, University of Delaware for her research and formatting
assistance in developing the guide**

**Baron Von Spinner, Delaware State University, for his research and survey
development for the project**

**This project was developed and completed with the guidance and support of
Carol A. DeSantis, former Secretary of the Department of Services for Children,
Youth and their Families, and**

Susan A. Cycyk, Director of the Division of Child Mental Health Services

